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ABSTRACT

One of a series of instructional materials produced by the Literacy Council of Alaska, this booklet presents information on how to save choking victims. Using simplified vocabulary words and sentence structure, it describes (1) the phenomenon of choking, (2) how to tell when a person is choking, and (3) how to use the "bear hug" technique (Heimlich maneuver) to save a choking victim. Each page of the text includes illustrations. (GT)

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4 Minutes to Die

Choking

How to save a choking victim

by

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Adapted from material provided by
Tanana Valley Chapter, American Red Cross
and
The film
How to Save a Choking Victim
The Heimlich Maneuver

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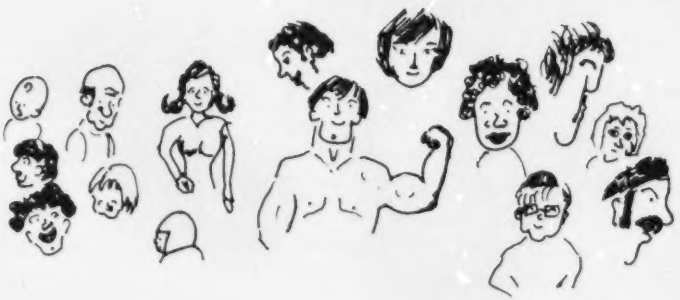
Choking kills 4000 people

each year!

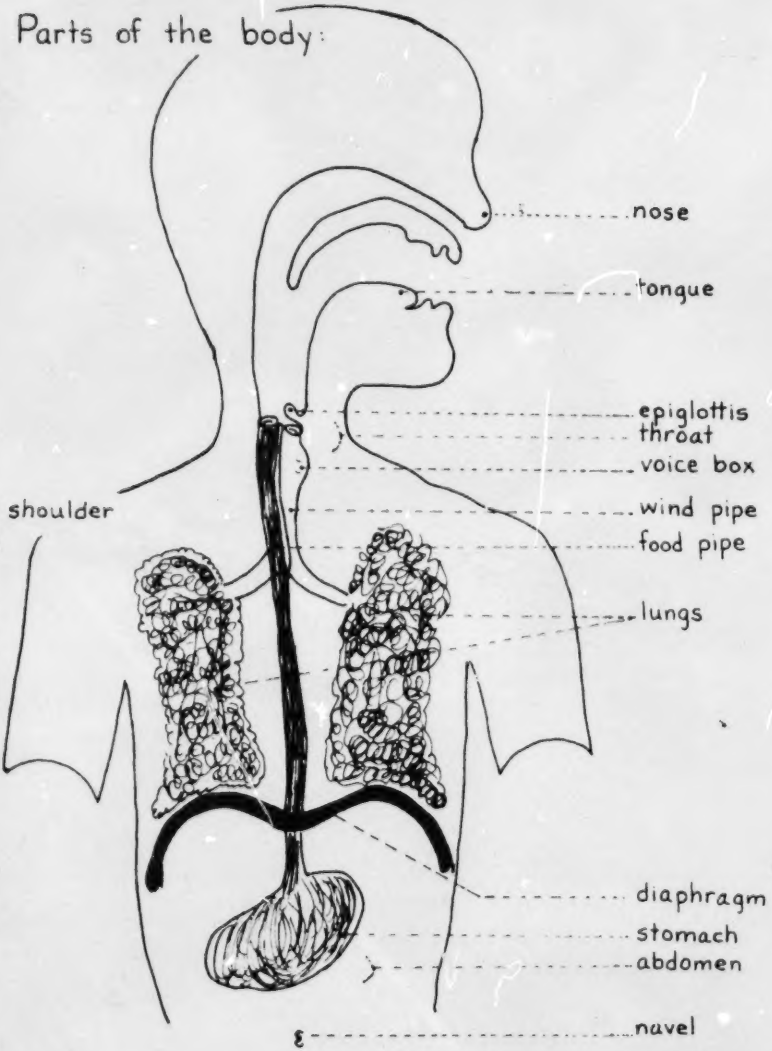
It can happen to anyone.



You can save a choking victim.

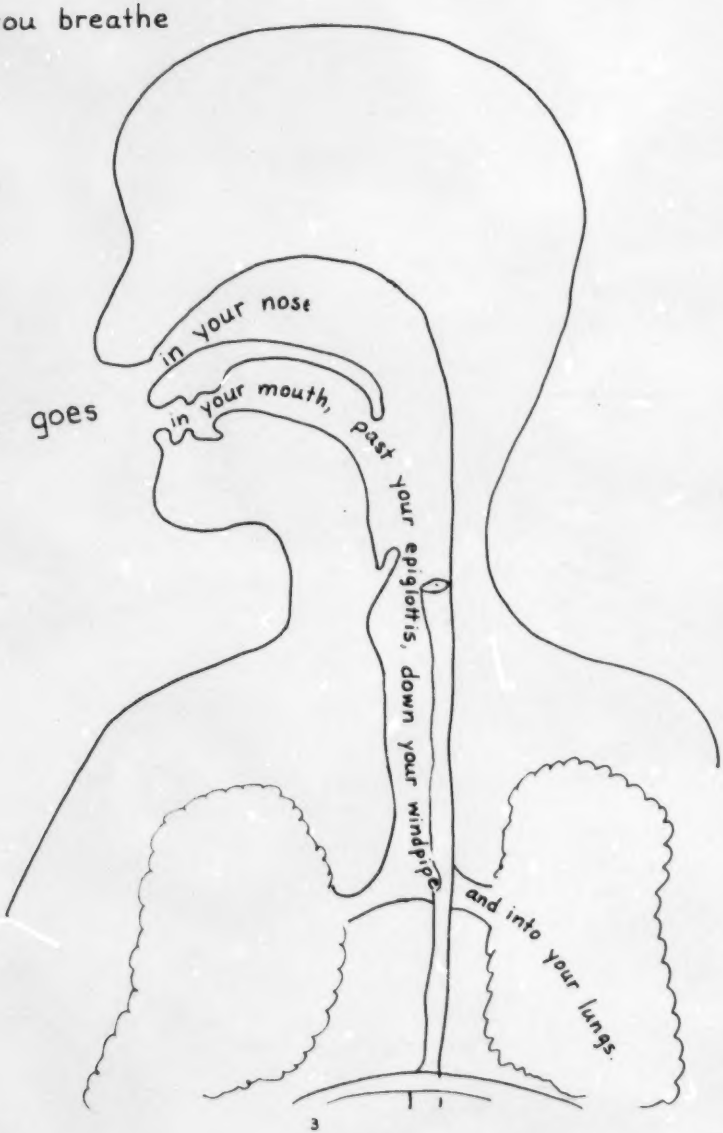
You can save a Life!

Parts of the body:



When you breathe

Air goes



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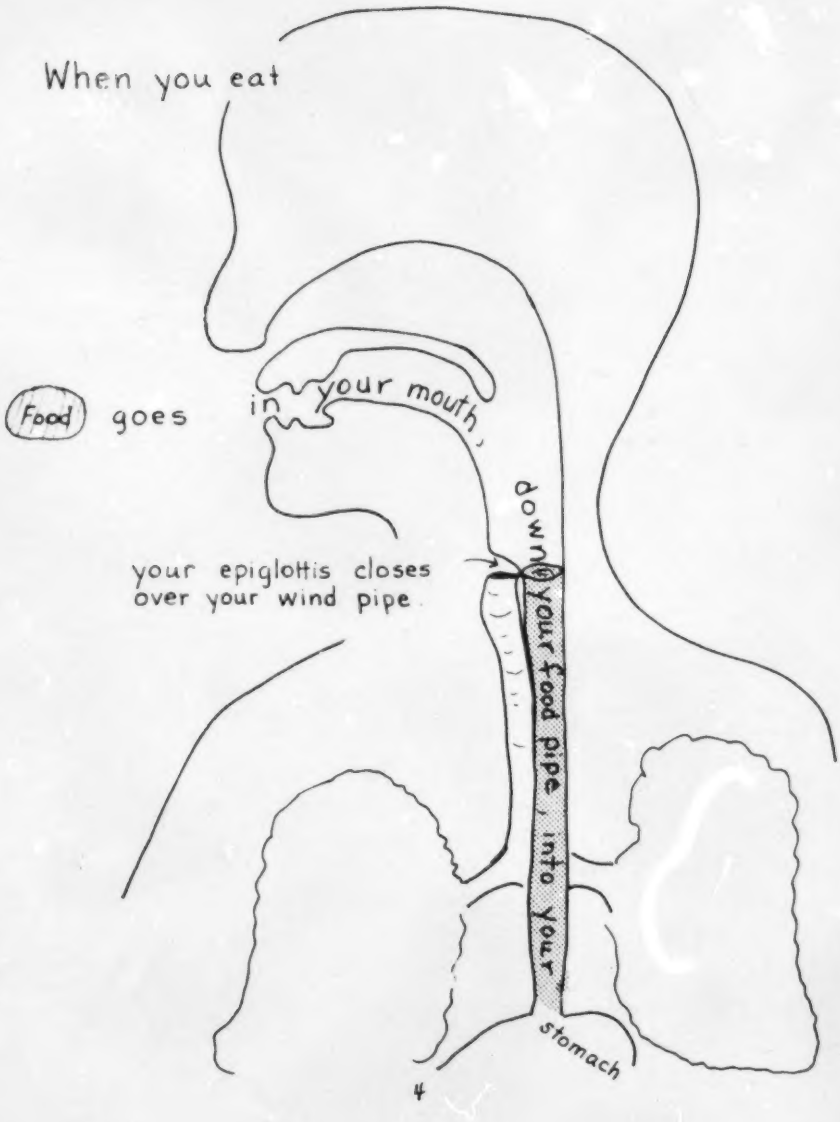
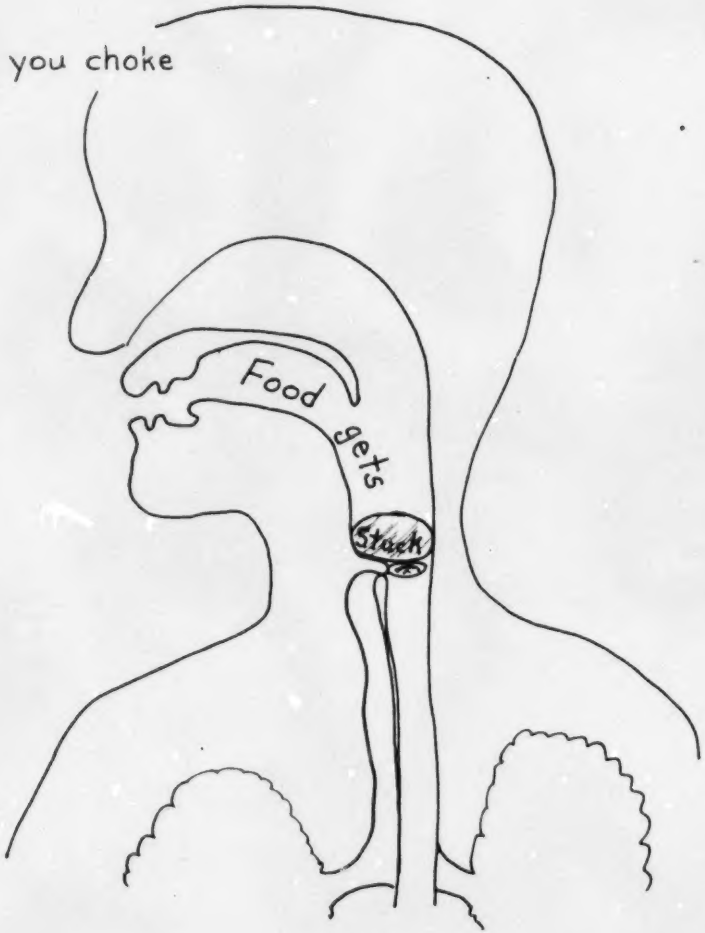
When you eat


Food goes in your mouth,
your epiglottis closes over your wind pipe
down your food pipe, into your stomach
4

When you choke



No Air can get to the lungs.

5

How do you know a person is choking?

1. The person cannot talk.
2. The person cannot breathe.
3. The person turns blue.
4. The person falls unconscious.

The person almost always **holds his throat!**

6

How do you know it is not a heart attack?

A heart attack victim

1. can breathe
2. can talk or make sounds
3. can tell about pain
4. does not hold his throat
5. does not turn blue.

7

You can save a victim of Choking!
American Red Cross
Volunteer
8

If you **know** a person is choking

You can help!

Hurry!

Hurry!

If the victim **can**

cough

or talk

or breathe

Do not try to help!

Do **not** hit the victim on the back.

If the victim **cannot**

cough

talk

breathe

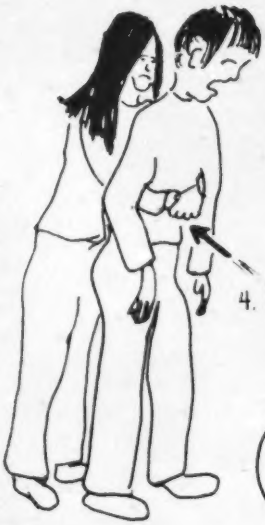
★ Stay calm!

★ Have <u>another</u> <u>person</u> call for help.

Then give the choking victim a **<u>Bear Hug</u>**! →

How to do the Bear Hug

If the victim is standing:



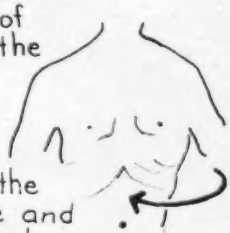
1. Stand behind the victim.

2. Put your arms around the victim's waist.

3. Make a fist with one hand.

4. Put the thumb side of your fist against the abdomen,

between the rib cage and the navel.



5. Hold your fist with your other hand.

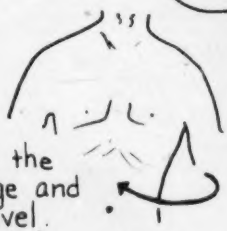
6. Press the fist into the victim's abdomen.

7. Lift up! **Quick!** Give him a hard hug!

How to do the Bear Hug

If the victim is sitting:

1. Stand behind the chair.
2. Put your arms around the victim's waist.
3. Make a fist with one hand.
4. Put the thumb side of your fist against the abdomen,



between the rib cage and the navel.

5. Hold your fist with your other hand.
6. Press the fist into the victim's abdomen.
7. Lift up! Quick! Give him a hard hug!

What to do

If the victim is lying down:

1. Put the victim on his back.
2. Sit with knees on both sides of the victim.
3. Put one hand on top of the other.
4. Put **heel** of bottom hand in the middle of the abdomen,

between the rib cage and the navel.

5. Push in and up!

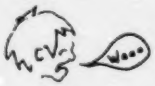
Quick!

What to do

<u>If the victim is a baby or small child</u>:

If the baby can

cough

cry 

breathe

Put the baby face down on your arm,

head down.

Pat him on the back.

If the baby <u>cannot breathe</u>

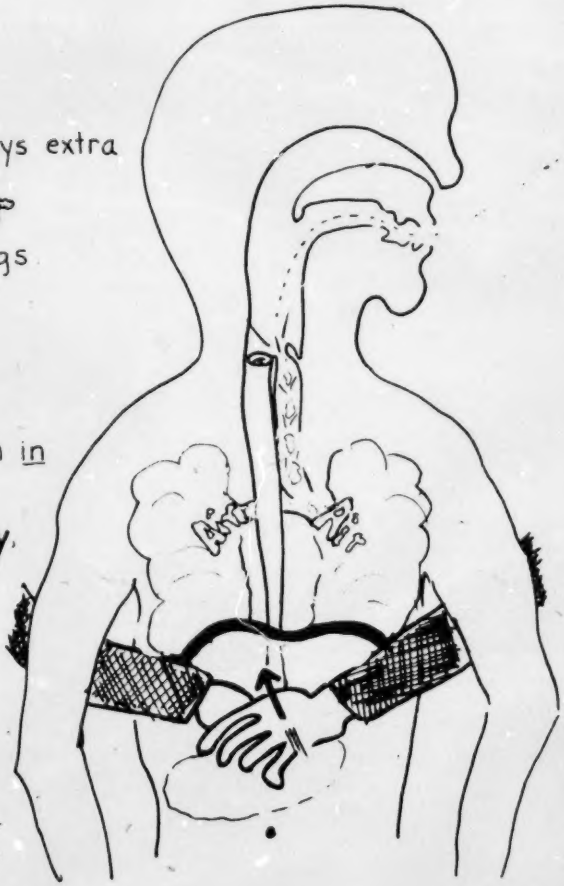
1. Lay the baby down.
2. Put the heel of your hand on his abdomen between the rib cage and the navel.
3. Push in and up! **Quick!**

Be firm, but gentle.

What does the **Bear Hug** do?
How does it help a choking victim?

There is always extra
Air
in the lungs.

When you push in and up
Quickly,
the **Air** is pushed up.



and the

But be careful —

Don't

punch,

hit,

squeeze.

With a small person,
or an old person,
or a baby —

be <u>firm</u> <u>but</u> <u>gentle</u>!

17

Stop and think

A choking victim can <u>die</u> in

4 minutes!

You must Hurry!
Hurry!
Hurry!

Choking is sometimes called

"Cafe Coronary"
or
"Cafe Heart Attack"

Many people die from choking while they are eating.

People sometimes think it is a heart attack.

How to keep from choking

1. Cut food into small pieces.
2. Chew food well.
3. Don't eat while drinking lots of liquor.
4. Don't laugh or talk with food in your mouth.
   Don't laugh or talk while eating meat.
5. Don't let children run with food in their mouths.

Most choking victims can be saved

You may be the one to

save a life

with a **Bear Hug!**